

## ORGAN ISCHEMIA

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## Headache and Facial Pain

Now what do you do about [cluster headache]? . . . If a patient is willing to get under a hot shower as soon as that pain comes, and the heat of the shower being sufficient to get the head and the trunk red—it may take five minutes, and during that time the headache is much worse—and then turn on the cold. Or, if you've got a cold pool, to have the patient jump in the pool. This, for those who will do it and who will try it, works . . . This is in some way altering autonomic balance. And one other trial, simple though it be, you should not forget: That is, even though it's in the middle of the night, if the person can very promptly, with the onset of the first symptom, take a very hot drink, almost burn his throat, but drink the whole cup, and then put ice in his mouth—and in one in eight or ten, you can abort a case that way. Simple—but it works.

—AUGUSTUS S. ROSE, MD, *Los Angeles*  
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